

**SECTION B: AMENDMENTS TO THE SPECIFICATION**

Please enter the following amendments to the specification:

[0003] Weight control has become a ~~[[modern]]~~ **modern** obsession. It is virtually a national pastime in the United States, where many tens of millions of Americans struggle daily with diets and exercise programs. Some are motivated by a desire to live a healthier lifestyle. Others are driven by a need to alleviate anxiety about personal appearance. All prefer that a weight control regimen is easy to maintain. Though weight control is common to most of the population, there is still a strong desire by individuals that their weight control information is kept confidential.